

## **Salmon Watercress Latkes**

- peanut oil (or sunflower, canola or grape seed oil)
- 2 7.5 oz (213g) tins salmon, drained and mashed (low sodium or regular)
- 1 bunch watercress, chopped finely (red watercress used here)
- 2-3 eggs
- 2/3 - 1 c homemade breadcrumbs
- 1-2 scallions, finely chopped
- 1 small onion, finely chopped
- 1 t Dijon mustard

Mix all ingredients. Let the mixture sit for 5 minutes for breadcrumbs to absorb moisture. Form medium sized or small flattened patties, or 1 inch round bite sizes balls. Use a heavy frying pan, heating it to medium high, then adding enough oil to coat the bottom and turning it down a bit as it begins to sizzle. Use a little oil to begin with, adding more as needed. Cook for a few minutes on each side, until browned and crispy on the exterior.

Serve on a bed of watercress, or your preferred greens, liberally doused with the delicious sauce.

After frying, the round, bite sized balls should be baked in the oven at 325 F for 10 minutes to cook them in the center. Serve them atop a bed of greens or in appetizer Asian spoons with a drizzle of sauce and a tiny watercress leaf as garnish.

You can be creative and use a hollowed out coloured pepper as your sauce serving bowl. These latkes freeze well. Leftovers can be used as fish burgers or sandwich filling with the sauce below or with horseradish, tomato and lettuce.

## **Salmon Watercress Latke Sauce**

- 2/3 c yogourt
- 1 garlic clove, minced very fine
- 1 scallion, minced very fine
- 2 t freshly squeezed lemon
- sea salt
- freshly ground pepper

You can use a food processor to mince the garlic and scallion, adding the rest of the ingredients for the last 5 seconds.

**Jittery Cook**